

SILVER STREAK

A Newsletter of Programs, Activities and Community Services

Available to Older Adult Residents

Registration Dates:

December 16 - Residents

December 18 - Non-Residents

January/February 2016



www.danville.ca.gov
seniors@danville.ca.gov
(925) 314-3430

Danville Senior Center
115 E. Prospect Avenue

Danville Community Center
420 Front Street

Hap Magee Ranch Park
1025 La Gonda Way

Oak Hill Park Community Center
3005 Stone Valley Road

Town Meeting Hall
201 Front Street

Village Theatre & Art Gallery
233 Front Street



Ukelele Class

Creating Your On-line Account

If you have not yet created your on-line account, we encourage you to set up your NEW customer account today by following these directions:

- Go to www.danvillerecguide.com
- Click on the Create an Account link (under the blue Sign In button)
- Follow the system prompts

For those of you who do not have computer access, the Danville Senior Center staff will be available to assist you with the process.

Now you can Register On-line

Senior Registration begins On-line

December 16-Residents; December 18-Non Residents.

Senior registration for classes and programs is now available on-line through the Town of Danville's registration software. You are now able to register from the comfort of your own home! You may still mail or drop-off your registration forms at the Danville Senior Center and they will continue to be handled as they always have been.

On-line registration for residents will begin at 8:30 a.m. on December 16 for January and February classes.

Senior Issues Sub-committee

Do you have an idea for a new activity or an improved procedure for Senior Services? Attend the scheduled meetings to be heard by the decision makers.

Meetings for 2016:

January 27

April 27

July 27

October 16

Time:

4:00 p.m.

Location:

Danville Senior Center,
Meeting Room

Mark your calendar!

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Senior Sneakers Trips

ACTIVITY LEVELS

You must be able to walk six steep steps to board the bus. Please let us know if you have any physical limitations prior to signing up for a trip so staff can try to accommodate your needs ahead of time. All trips depart from Diablo Vista Park.

Choose your level carefully:

LEVEL 1: Easy, sitting/little walking. Must be able to stand 10 minutes without assistance or bring your walker or wheelchair.

LEVEL 2: Small amount of walking

LEVEL 3: Moderate to heavy walking

LEVEL 4: Heavy amount of walking/standing

LEVEL 5: Strenuous walking/hiking

If you aren't sure where you fit, call us at (925) 314-3430.

Please note: Times listed for trips are approximate.



January/February Trips

New cancellation policy regarding trips: Any trip cancellations must be made 10 business days prior to the trip unless tickets have already been purchased. Some trips may not be refundable.

Monterey Bay Aquarium

Thursday, January 14, 8:00 a.m.- 5:00 p.m.

If you haven't been to Monterey Bay Aquarium in a while, join us for a self-guided tour to the window of wonders of the ocean. Perched on the edge of the coastline, located on historic Cannery Row, visit the Monterey Bay Aquarium's newest exhibit: The Astounding Lives of Octopuses, Squid and Cuttlefishes. Don't miss it! Lunch on your own at one of the two restaurants in the aquarium, or nearby. We will have approximately 4 ½ hours in Monterey. Please note departure and return time. Fees: \$90 (R) \$108 (NR) Activity Level: 2

DeYoung Museum and Trader Vic's

Tuesday, January 26, 9:00 a.m. – 4:00 p.m.

Join us for a winter warm-up day trip...Island Style! We'll visit the deYoung Museum, San Francisco, for the Royal Hawaiian Featherwork: NA Hula Ali'i exhibit. Explore the distinctive art, culture and history of Hawaii with the first exhibition of Hawaiian Featherworks on the U.S. mainland, developed in partnership with the Bernice Pauahi Bishop Museum, Honolulu. Afterwards, enjoy lunch at Trader Vic's, Emeryville, which includes soup of the day, entrée selection, dessert and non-alcoholic beverage. Fees: \$105 (R) \$126 (NR) Activity Level: 2

Cache Creek Casino

Tuesday, February 16, 9:30 a.m.- 5:00 p.m.

Located in Northern California's Capay Valley, Cache Creek Casino & Resort is the complete entertainment experience featuring table games, the latest slot machines, upscale and casual dining. Receive a bonus book which includes a \$10 bonus play or \$20 match play, and \$5 off food purchases at participating concessions at the casino. Lunch on your own. Fees: \$45(R) \$54(NR). Activity Level: 1

Pacific Orchid Expo

Friday, February 26, 10:00 a.m.- 4:30 p.m.

For flower lovers, this orchid show is the best time to visit San Francisco. You will see many exotic variations grown by gardeners from all over the world and learn about raising orchids from experts. The Pacific Orchid Exposition is the largest orchid show in the United States featuring over 150,000 beautiful orchids from all over the world. Our visit will include a docent-led tour and free time to explore, shop and relax. Food and beverages will be available for purchase. Fees: \$55 (R) \$66 (NR) Activity Level: 1

Buzz Sessions

What's the Buzz on topics and issues facing today's older adults? Join us to talk to the experts. Sessions are free! Please contact Senior Services at (925) 314-3430 or seniors@danville.ca.gov if you have any suggestions or would like to offer a buzz session!

How Will Rising Interest Rates Affect You?

Tuesday, January 5, 2016, 10:00 a.m.- 11:00 a.m.

Presenter: Rich Cerruti

Location: Senior Center

Many Americans, unfortunately, don't pay much attention to what the Federal Reserve does. With interest rates expected to increase for the first time in a decade, this important rate policy reversal will likely have some type of financial impact on every American. This educational and interactive session will focus on the various way the U.S. Central Bank or the Fed, can impact your retirement plan, the effect it will have on the U.S. economy, the stocks and bonds markets, and the rest of the world.

Real Age: How Old Are You Really?

Tuesday, January 12, 2016, 10:00 a.m.- 11:00 a.m.

Presenter: Linda Meneken

Location: Senior Center

Everything you always wanted to know about real (biological) age vs. chronological age, with a unique perspective from an experienced, senior physical therapist's viewpoint! Can we stop aging? What do you think?

Estate Planning for a Long Life

Tuesday, January 19, 2016, 10:00 a.m.- 11:00 a.m.

Presenter: Julie Fiedler RN, J.D., LL.M Elder Law, CELA

Location: Senior Center

Ms. Fiedler will discuss a variety of subjects to educate the public about the risks of outliving their money. Often when people think of estate planning, they focus their efforts on death & tax planning. Too many people deplete all their resources in order to pay for care when an unforeseen injury or diagnosis comes, leaving them with nothing besides public assistance & family to help. This presentation will educate everyone on the correct ways to pre-plan in order to avoid these costly mistakes.

Uber Car Service for Seniors

Tuesday, January 26, 2016, 10:00 a.m.- 11:00 a.m.

Presenter: Uber

Location: Senior Center

Learn how to use Uber to get to doctor's appointments, the grocery store, to visit friends or family's house.

We will introduce you to the concept of using Uber for your transportation needs. We will have a discussion on how to use your phone to gain access to Uber. We will have live demonstrations of the Application (the App), and go through the process of how to request a car. We will show you how easy it is to use Uber in your community.

Depression

Tuesday, February 2, 2016, 10:00 a.m.- 11:00 a.m.

Presenter: Fran Rapoport, Discovery Counseling

Location: Senior Center

Ever been stuck in the 'blues'? When is it depression? Come to this buzz session for a discussion on depression and for some tips on what might help. Fran Rapoport has been treating depression and has some ideas to share regarding these topics. Questions are welcome.

Medicare Made Clear

Tuesday, February 9, 2016, 10:00 a.m.- 11:00 a.m.

Presenter: Michele Commins and Rich Cerruti

Location: Danville Senior Center

Have you ever felt confused with the various Medicare options and how to choose the most appropriate coverage for your specific needs? This informative seminar will address many of the common questions and concerns such as eligibility, coverage options, enrollment periods, and how to best locate the low cost options so you can make the most informed decision. Question and answer session to follow.

Travel Presentation

Tuesday, February 16, 2016, 10:00 a.m.- 11:00 a.m.

Presenter: Kirs Adams from Premier World Discovery

Location: Senior Center

Come join us for a presentation of our Premier Tours for 2016. Kris Adams from Premier World Discovery will be presenting all tours & answer any questions you may have. See you there!

California Telephone Access Program

Tuesday, February 23, 2016, 10:00 a.m.- 11:00 a.m.

Presenter: Casey Kho, Outreach Specialist

Location: Senior Center

Do you or someone you know have trouble using their home phone due to vision, hearing, speech, mobility and/or memory impairments? If so, this session will be very useful to you. A representative from a state-mandated program called California Phones will be here to explain how you can apply for these free specialized phones. There is no income or age requirement for this program. There will be demonstrations of different amplified phones for you to try. Come see what phone might be helpful for you!

Buzz Sessions/Classes

Classes

(Classes listed alphabetically by category)

ART/CRAFT CLASSES

Acrylic Painting

Monday, January 11 - February 22, 10:00 a.m.- 12:00 p.m.

Location: Danville Senior Center, Art Room

Instructor: Zina Kassab

Learn all about painting with acrylics, with emphasis on composition, color mixing and brush work. Participants will also learn all about acrylic techniques and textures. Students will be guided with a step-by-step demonstration; no experience necessary. No class 1/18 and 2/15.

Fees: \$100(R) \$120(NR). \$8 materials fee.

Crochet Series 1

Thursday, January 21 – February 4, 1:00 p.m.- 3:00 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Ilah Jarvis

Learn the basic crochet stitches to make scarves and hats. We will discuss how different yarns behave, and learn how to read simple written patterns. Bring a ball of worsted weight yarn and a size J crochet hook, a pair of scissors and a folder for handouts. Fees: \$68(R) \$82(NR).

Crochet Series 2

Thursday, February 11 – February 25, 1:00 p.m.- 3:00 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Ilah Jarvis

Beautiful lace stitches and construction techniques are used to make granny squares, flowers and hats. Graphs and pattern reading skills are further developed. Bring a ball of worsted weight yarn and a size J crochet hook, a pair of scissors and a folder for handouts. Previous enrollment in Crochet Series 1 is required. Fees: \$68(R) \$82(NR).

Hand Painting on Glass

Tuesday, January 12 – February 16, 1:00 p.m.- 3:00 p.m.

Location: Danville Senior Center, Art Room

Instructor: Zina Kassab

Participants will learn to paint on clear and colored glass such as plates, vases, wine glasses and candle holders, using different designs to change any ordinary glass to an artwork. Participants will be guided throughout the class with a step-by-step demonstration. \$15 materials fee.

Fees: \$120(R) \$144(NR).

Watercolor Series 1

Monday, January 11 – February 1, 1:00 p.m.- 3:00 p.m.

Location: Danville Senior Center, Art Room

Instructor: Ilah Jarvis

Learn how to paint a beautiful still life watercolor painting. No drawing skills are required. Materials will need to be purchased by participant prior to class. A detailed materials list will be given prior to class. No class 1/18.

Fees: \$68(R) \$82(NR).

Watercolor Series 2

Monday, February 8 – February 29, 1:00 p.m.- 3:00 p.m.

Location: Danville Senior Center, Art Room

Instructor: Ilah Jarvis

Learn how to paint a beautiful still life watercolor painting. No drawing skills are required. Materials will need to be purchased by participant prior to class. A detailed materials list will be given prior to class. No class 2/15. Fees: \$68(R) \$82(NR).



Art Class

COMPUTER CLASSES

One-on-One Computer Tutoring

Location: Danville Senior Center, Conference Room

Computer tutoring sessions are for those who need assistance in the areas below. Bring your e-mail address and password login information for all e-mail instruction. Pre-registration is required; participants may schedule an appointment by calling (925) 314-3430.

Participants may only register for two appointments at a time. Payment due at time of registration. Fees: \$2/per tutoring appointment.

Classes (classes listed alphabetically by category)

Computer Classes (continued...)

Apple MAC Users

Thursdays/Fridays: 2:00 p.m. and 3:00 p.m.

Volunteer Instructor: Dale Lock

Dale offers hands-on sessions using your own Apple device (iMac, MacBook, iPad, iPhone, iPod or iPod Touch). Students must bring their own Apple device to the session.

PC /Apple MAC Users

Wednesdays: 2:30 p.m.- 3:30 p.m. & 3:30 p.m.- 4:30 p.m.

Volunteer Instructor: Clark Murray

Clark will assist you with questions on either a MAC product/computer or PC platform.

PC Users

Every other Thursday: 9:30 a.m.- 10:30 a.m. and 10:30 a.m.- 11:30 a.m.

Volunteer Instructor: Chuck Bieneman

Questions on Microsoft Office programs and systems, setting up email, basic internet searches, printing and saving as well as configuring new laptops. Students may bring their own laptop or one with Windows XP will be provided.

COOKING CLASSES

Cooking with James ~French Food

Thursday January 14, 2:00 p.m.- 3:30 p.m.

Location: Danville Senior Center, Community Hall A

Instructor: James Donnelly

This month we will be preparing two tasty dishes; Salade Nicoise and Bouef Bourguignon. The salad is a Mediterranean vegetable salad with tuna and the beef dish is a hearty beef stew with red wine. One is easy to prepare and the other a bit more complex, both are delicious.

Fees: \$8(R) \$10(NR).

International Cuisine ~Around the World

Friday, January 29, 5:30 p.m.- 8:30 p.m.

Location: Danville Senior Center, Community Hall A

Instructor: Nora Frazier

Peruvian Hors D'oeuvre: Fried yuquitas with creamy aji amarillo huancaína sauce

Spanish Appetizer: Shrimp and mushroom tapas with garlic and wine

French Dessert: Crepes Suzette in butter and orange sauce, flambee in Grand Marnier

\$16 materials fee due at class. Fees: \$50(R) \$60(NR).

Peruvian Flavors & Italian Dessert

Friday, February 19, 5:30 p.m.- 8:30 p.m.

Location: Danville Senior Center, Community Hall A

Instructor: Nora Frazier

Hands-on and demonstration with a historical overview.

Appetizer: Shrimp flambee over soft yucca, with Pisco brandy sauce

Entrée: Aji de gallina (chicken in creamy yellow pepper sauce, walnuts, parmesano)

Dessert: Tiramisu (lady fingers, mascarpone, Kahlua, chocolate, coffee, cream)

\$16 materials fee due at class. Fees: \$50(R) \$60(NR).



Cooking Class

DANCE CLASSES

Dancercise

Wednesday, Jan. 6 – Feb. 24

10:50 a.m.- 11:40 a.m.

Location: Danville Senior Center, Community Hall

Instructor: Nancy Koo & Dolly Bitanga

A variety of steps will be taught and combined to help people build strong minds and happy hearts.

Fees: \$16(R) \$19(NR).

Fundamental Argentine Tango – NEW!

Tuesday, January 5 – February 23, 2:00 p.m.- 4:00 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Carlin Ghahraman

You will learn the “Embrace,” tango walk and how to walk with another person, the basic steps (8 count) forward and

Classes (classes listed alphabetically by category)

Argentine Tango (continued...)

back ochos, dancing to the rhythm and musicality. Prior dancing experience is helpful. 1/19 class will be held at the Town Meeting Hall. Fees: \$80(R) \$96(NR).

Jacki Sorenson's Aerobic Dance

**Monday and/or Wednesday, January 4 – February 24
5:30 p.m.- 6:30 p.m.**

Location: Danville Senior Center, Community Hall

Instructor: Lorie McGuinness

This class is a dance fitness class for the non-dancer that provides a total body workout that includes strength, flexibility and endurance in a safely choreographed format for all ages and active seniors. Wear comfortable clothes and bring a floor mat. Hand-held, 2-4 lb. weights are recommended but not required. Note: Class is designed to meet Monday and Wednesday. For one-day only option, register for either the Monday OR Wednesday session. No class 1/18 and 2/15. Fees: Mon-\$42(R) \$50(NR); Wed-\$56(R) \$67(NR); Mon and Wed- \$98(R) \$118(NR).



Line Dance (Beginner/High Beginner)

Thursday, January 7– February 25, 10:00 a.m.- 11:00 a.m.

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

Explore different music from a variety of music genres. Each dance is repeated until everyone is comfortable with the dance. Watch our dances on YouTube Channel [superlinedance.com](https://www.youtube.com/channel/UCsuperlinedance). No class 2/18. Fees: \$21(R) \$25(NR).

Line Dance (High Beginner/ Easy Intermediate)

Thursday, January 7 - February 25, 11:15 a.m.- 12:15 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

A fun, healthy, social workout. Current choreographies will be taught to a variety of music genres with both fast and slow dance. Watch our dances on YouTube channel [superlinedance.com](https://www.youtube.com/channel/UCsuperlinedance.com). Must know all the dance terminology. Line dance experience, familiarity with terminology, count and basic steps preferred. No class on 2/18. 2/4 class will be held at the Town Meeting Hall. Fees: \$21(R) \$25(NR).

Line Dance (Easy Beginner/ Easy Intermediate)

Monday, January 4 - February 29, 7:00 p.m.- 9:00 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

A fun, healthy social workout. Current choreographies will be taught to the rhythmic tunes of Rumba, Cha Cha, NC2 Step, Waltz, Tango, Swing, etc. with both fast & slow dances. Watch our dances on YouTube channel [superlinedance.com](https://www.youtube.com/channel/UCsuperlinedance.com). Must know all the dance terminology. No class 1/18, 2/15 and 2/22. 1/4 class will be held at the Danville Community Center and the 2/1 class will be held at the Town Meeting Hall. Fees: \$24(R) \$29(NR).

EXERCISE CLASSES

Cane-Doh

Tuesday, January 5 – February 23, 9:00 a.m.- 10:00 a.m.

Location: Town Meeting Hall, Auditorium

Instructor: Bob Worthington

In an attack, when seconds count and law enforcement is a minute away, what can you do? Start today by trying something new and staying fit at the same time. Nine weeks of low impact training on how to use a walking stick to defend yourself. Stand tall, walk proud, remember who you are. Please bring your own cane (wooden preferred) and a relaxed attitude. Wear comfortable, loose clothing. No open-toed shoes, sandals or finger rings please. Some "loaner" canes will be available. 1/26 class will be held at Oak Hill Park, Ballroom. Fees: \$65(R) \$78(NR).

Registration Form – JAN/FEB 2016

Registration Dates: December 16 (Residents) December 18 (Non-Residents)

INSTRUCTIONS: To register, check the Register box next to each activity you would like to participate and print the name of the registrant. You will receive a receipt confirming your registration. R = residents fee; N = non-residents fee. Times listed for each Senior Sneaker trip are approximate and checklists will be emailed one week prior to date of trip with exact time.

Refunds will not be given for trips with less than 10 business days' notice or if tickets have already been purchased.

NOTE: Information on refunds/cancellations/withdrawals and make-up classes are on page 3-4.

Register (X)	Participant Name	SENIOR SNEAKER TRIPS	Date	Time (approximate)	Fee
		Cache Creek Casino Activity Code: 9469	Tuesday February 16	9:30 a.m.-5:00 p.m.	\$45 R \$54 N
		Deyoung Museum/Trader Vic's Activity Code: 9387	Tuesday January 26	9:00 a.m.-4:00 p.m.	\$105 R \$126 N
		Monterey Bay Aquarium Activity Code: 9482	Thursday January 14	8:00 a.m.-5:00 p.m.	\$90 R \$108 N
		Pacific Orchid Expo Activity Code: 9447	Friday February 26	10:00 a.m.-4:30 p.m.	\$ 55 R \$ 66 N
Register (X)	Participant Name	SPECIAL EVENTS	Date	Time (approximate)	Fee
		Senior Social Activity Code: 9483	Tuesday January 19	1:30 p.m.-3:00 p.m.	Free
		Super Bowl Pre-Party Activity Code: 9443	Thursday February 4	12:00 p.m.-2:00 p.m.	\$5 R \$6 N
Register (X)	Participant Name	BUZZ SESSIONS	Date	Time (approximate)	Fee
		How will rising interest rates affect you? Activity Code: 9206	Tuesday January 5	10:00 a.m.-11:00 a.m.	Free
		Real Age: How old are you really? Activity Code: 9234	Tuesday January 12	10:00 a.m.-11:00 a.m.	Free
		Estate Planning for a Long Life Activity Code: 9236	Tuesday January 19	10:00 a.m.-11:00 a.m.	Free
		Uber Car Service for Seniors Activity Code: 9237	Tuesday January 26	10:00 a.m.-11:00 a.m.	Free
		Depression Activity Code: 9240	Tuesday February 2	10:00 a.m.-11:00 a.m.	Free
		Medicare made clear Activity Code: 9238	Tuesday February 9	10:00 a.m.-11:00 a.m.	Free
		Travel Presentation Activity Code: 9329	Tuesday February 16	10:00 a.m.-11:00 a.m.	Free
		California Telephone Access Program Activity Code: 9372	Tuesday February 23	10:00 a.m.-11:00 a.m.	Free
Register (X)	Participant Initials	CLASSES	Date	Time (approximate)	Fee
		AARP Smart Driver 2-Day Course Activity Code: 9347	Thursday 1/14 & 1/21	9:00 a.m.-1:00 p.m.	See Class Info
		Acrylic Painting Activity Code: 9198	Monday 1/11-2/22	10:00 a.m.-12:00 p.m.	\$100 R \$120 N
		Bridge Basics One: An Introduction Activity Code: 9330	Wednesday 1/6-2/24	6:30 p.m.-8:30 p.m.	\$100 R \$120 N
		Bridge Basics Two: Competitive Bidding Activity Code: 9329	Wednesday 1/6-2/24	10:00 a.m.-12:00 p.m.	\$100 R \$120 N
		Cane Doh Activity Code: 9199	Tuesday 1/5-2/23	9:00 a.m.-10:00 a.m.	\$65 R \$78 N
		Cooking with James – French Food Activity Code: 9294	Thursday January 14	2:00 p.m.-3:30 p.m.	\$8 R \$10 N
			TOTAL FEES	PAGE `1	\$

Register (X)	Participant Initials	CLASSES (Con't)	Date	Time (approximate)	Fee
		Crochet Series 1 Activity Code: 9355	Thursday 1/21-2/4	1:00 p.m.-3:00 p.m.	\$68 R \$82 N
		Crochet Series 2 Activity Code: 9356	Thursday 2/11-2/25	1:00 p.m.-3:00 p.m.	\$68 R \$82 N
		Dancercise Activity Code: 9201	Wednesday 1/6-2/24	10:50 a.m.-11:40 a.m.	\$16 R \$19 N
		Finding Meaning in Our Retirement Years Activity Code: 9476	Wednesday 1/20-2/10	10:00 a.m.-12:00 p.m.	\$40 R \$48 N
		Fundamental Argentine Tango Course – NEW! Activity Code: 9466	Tuesday 1/5-2/23	2:00 p.m.-4:00 p.m.	\$80 R \$96 N
		Game Day Activity Code: 9202	Friday 1/8-2/26	10:30 a.m. – 1:30 pm.	Free
		Gentle Stretch Activity Code: 9203	Monday 1/4-2/29	2:30 p.m.-3:30 p.m.	\$49 R \$59 N
		Gentle Stretch Activity Code: 9204	Wednesday 1/6-2/24	2:30 p.m.-3:30 p.m.	\$56 R \$67 N
		Hand Painting on Glass Activity Code: 9205	Tuesday 1/12-2/16	1:00 p.m.-3:00 p.m.	\$120 R \$144 N
		Improve Your Odds for Healthy Living Activity Code: 9467	Thursday 1/14-1/28	1:30 p.m.-2:30 p.m.	\$33 R \$40 N
		Improve Your Odds for Healthy Living Activity Code: 9468	Thursday 2/11-2/25	1:30 p.m.-2:30 p.m.	\$30 R \$36 N
		International Cuisine - Around-the-World Activity Code: 9325	Friday 1/29	5:30 p.m.-8:30 p.m.	\$50 R \$60 N
		Jacki Sorensen's Aerobic Dancing Activity Code: 9208	Monday 1/4-2/22	5:30 p.m.-6:30 p.m.	\$42 R \$50 N
		Jacki Sorensen's Aerobic Dancing Activity Code: 9209	Wednesday 1/6-2/24	5:30 p.m.-6:30 p.m.	\$56 R \$67 N
		Jacki Sorensen's Aerobic Dancing Activity Code: 9207	Mon/Wed 1/4-2/24	5:30 p.m.-6:30 p.m.	\$98 R \$118 N
		Kamanawanaplaya Ukulele Activity Code: 9210	Thursday 1/7-2/25	4:00 p.m.-5:30 p.m.	\$16 R \$19 N
		Line Dance (Beginner/High Beginner) Activity Code: 9211	Thursday 1/7-2/25	10:00 a.m.-11:00 a.m.	\$21 R \$25 N
		Line Dance (High Beg./Easy Intermediate) Activity Code: 9213	Thursday 1/7-2/25	11:15 a.m.- 12:15 p.m.	\$21 R \$25 N
		Line Dance (Easy Intermediate/ Intermediate) Activity Code: 9212	Monday 1/4-2/29	7:00 p.m.-9:00 p.m.	\$24 R \$29 N
		Luk Tung Kuen Activity Code: 9214	Wednesday 1/6-2/24	10:00 a.m.-10:50 a.m.	\$16 R \$19 N
		Peruvian Flavors & Italian Dessert Activity Code: 9326	Friday 2/19	5:30 p.m.-8:30 p.m.	\$50 R \$60 N
		Pilates Sculpt Activity Code: 9215	Wednesday 1/6-2/24	1:30 p.m.-2:30 p.m.	\$72 R \$86 N
		QiGong - Shibashi for Seniors Activity Code: 9216	Wednesday 1/6-2/24	12:00 p.m.-12:50 p.m.	\$16 R \$19 N
		Senior Stretch Activity Code: 9217	Friday 1/8-2/26	9:15 a.m.-10:15 a.m.	\$35 R \$42 N
		Spanish - Beginning Activity Code: 9218	Tuesday 1/12-2/23	9:30 a.m.-10:30 a.m.	\$70 R \$84 N
		Spanish – Conversation Activity Code: 9219	Monday 1/11-2/29	10:00 a.m.-11:00 a.m.	\$60 R \$72 N
		Strength and Tone Activity Code: 9220	Thursday 1/7-2/25	4:15 p.m.-5:15 p.m.	\$56 R \$67 N
		Sudoku – New Techniques Activity Code: 9221	Friday 1/8-2/26	1:00 p.m.-2:00 p.m.	\$16 R \$19 N
			TOTAL FEES	PAGE 2	\$

Register (X)	Participant Initials	CLASSES (Cont'd)	Date	Time (approximate)	Fee
		Tai Chi Activity Code: 9223	Wednesday 1/6-2/24	9:00 a.m.-9:50 a.m.	\$14 R \$17 N
		Tai Chi Chih/QiGong Activity Code: 9222	Tuesday 1/5-2/23	10:30a.m.-11:30a.m	\$16 R \$19 N
		Watercolor Series 1 Activity Code: 9353	Monday 1/11-2/1	1:00 p.m.-3:00 p.m.	\$68 R \$82 N
		Watercolor Series 2 Activity Code: 9354	Monday 2/8-2/29	1:00 p.m.-3:00 p.m.	\$68 R \$82 N
		Welcome to Medicare Activity Code: 9172	Saturday January 9	10:00 a.m.-12:30 p.m.	Free
		Welcome to Medicare Activity Code: 9173	Saturday February 13	10:00 a.m.-12:30 p.m.	Free
		Writing Group Activity Code: 9226	Friday 1/8-2/26	10:00 a.m. 12:00 p.m.	Free
		Yoga - Monday Activity Code: 9227	Monday 1/4-2/29	11:00 a.m.-12:15 p.m.	\$70 R \$84 N
		Yoga - Monday Activity Code: 9228	Monday 1/4-2/29	12:30 p.m.-1:45 p.m.	\$70 R \$84 N
		Yoga-Wednesday Activity Code: 9229	Wednesday 1/6-2/24	8:15 a.m.-9:30 a.m.	\$80 R \$96 N
		Zumba-Monday Activity Code: 9230	Monday 1/4-2/29	4:15 p.m.-5:15 p.m.	\$49 R \$59 N
		Zumba - Wednesday Activity Code: 9231	Wednesday 1/6-2/24	4:15 p.m.-5:15 p.m.	\$56 R \$67 N

REGISTRATION INFORMATION

If you have not yet set up your account, we encourage you to do so by following these steps:

- Go to www.danvillerecguide.com
- Click on the Create an Account link (under the blue Sign In button)
- Follow the system prompts

By setting up your account in advance, your information will be readily available when you go to register for programs and activities for January/February. For those of you who do not have computer access, the Danville Senior Center staff will be available to assist you in the process. The enclosed registration form has been updated; we ask that if you haven't set up your own account, you make sure all of the required information is complete so staff can register you in a timely manner. Thank you for your support!

On-line Registration

On-line registration for residents will begin at **8:30am on December 16**. You must already have your account set up.

Mail or drop off your registration form to the Danville Senior Center or the Danville Community Center. All resident registrations received by December 15 at 5:00p.m will be **processed beginning Wednesday, December 16 with no priority given. Non-resident registration will begin on Friday, December 18. Phone and walk-in registration will**

begin on Monday, December 21. To register by phone, please contact the Danville Senior Center (925) 314-3430.

SENIOR SNEAKER TRIPS /CLASS CANCELLATIONS/WITHDRAWALS

Senior Sneaker Trip Refund Policy: When registration falls below the minimum enrollment required, it may be necessary to cancel a trip. At the time of cancellation, the Town will initiate a full refund. Please allow 3 to 4 weeks for refunds to be processed. *Withdrawal and refund requests must be submitted **ten working days prior to the trip.*** Refunds **will not** be given for trips with **less than 10 business days' notice or if tickets have already been purchased and designated no refund.**

Class Cancellation/Withdrawals

Requests for withdrawal will be honored if requested no later than 5 business days prior to the first day of class. Requests made less than 5 business days prior to the first day of class must be submitted in writing and will be considered on an individual basis. A \$20 processing fee will be charged for check refunds; a \$5 processing fee for credit card refunds.

If you wish to register by mail, complete the form and mail with payment to:

Danville Senior Center, Attn: Class Registrations

115 E. Prospect Avenue, Danville, CA 94526

Checks payable to: Town of Danville

(Circle One): Check Cash (exact amount) MasterCard Visa AMEX

PLEASE NOTE: EACH INDIVIDUAL MUST REGISTER SEPARATELY WITH AN EMAIL ADDRESS AND BIRTHDATE

Name: _____

Email Address: _____ **Date of Birth:** _____

Name: _____

Email Address: _____ **Date of Birth:** _____

Address/City: _____ **Zip:** _____

Home Phone: _____ **Cell Phone:** _____

Credit Card No: _____ **Exp.Date:** _____

Signature: _____ **3 digit security code. #:** _____

Classes (classes listed alphabetically by category)

Exercise Classes (continued...)

Gentle Stretch

Monday, January 4 – February 29, 2:30 p.m.- 3:30 p.m.

Wednesday, February 6 – February 24, 2:30 p.m.- 3:30 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Rosalyn Lee

Treat the body to healthy stretching that elongates muscles, aligns joints and improves flexibility, balance and core condition. Bring a mat and a dish-sized towel.

No class 1/18 and 2/15. Fees: Mondays: \$49(R) \$59(NR);

Wednesdays: \$56(R) \$67(NR).



Luk Tung Kuen

Wednesday, January 6 – February 24

10:00 a.m.- 10:50 a.m.

Location: Danville Senior Center, Community Hall

Instructor: Chia Chia Chien

This is a very popular worldwide exercise with 36 postures. Each posture has its own pattern, which is repeated 5-10 times. Fees: \$16(R) \$19(NR).

Pilates Sculpt

Wednesday, January 6 – February 24, 1:30 p.m.- 2:30 p.m.

Location: Danville Senior Center, Community Hall B&C

Instructor: Rosalyn Lee

Get your posture back into alignment and learn how to build muscle safely. Achieve a full-body workout while strengthening, lengthening and toning all areas: hips, thighs, seat, abdominals and arms. The technique is low-impact, protecting your joints by avoiding any bouncing or jumping. The technique works to defy gravity by tapering everything in and lifting it up. Fees: \$72(R) \$86(NR).

Qigong-Shibashi for Seniors

Wednesday, January 6 – February 24, 12:00 p.m.- 12:50 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Jim Donnelly

Qigong is a mild exercise system practiced for health maintenance, healing and increasing vitality; Qigong is an integration of physical postures, breathing technique and focused intentions. The gentle movements reduce stress, build stamina, increase vitality and enhance the immune system. Shibashi is an 18 movement form of Qigong. Fees: \$16(R) \$19(NR).

Senior Stretch

Friday, January 8 – February 26, 9:15 a.m.- 10:15 a.m.

Location: Danville Senior Center, Community Hall B&C

Instructor: Sylvia Rodriguez

Stretching is the process of elongating the muscles, tendons and ligaments that connect the muscles and bones of the body, which is not only an important part of a physical fitness regimen, but also of living a healthy life. Bring a mat to class. Fees: \$35(R) \$42(NR).

Strength and Tone

Thursday, January 7 – February 25, 4:15 p.m.- 5:15 p.m.

Location: Danville Senior Center, Community Hall B&C

Instructor: Parandise Banifatemi

Our Certified Master Trainer uses dynamic weight training and cardio moves resulting in increased muscle strength, improved posture and condition. This class is for active adults/seniors who are looking for a challenge in their workout routine. Students need to bring their own set of dumbbells. Contact instructor for questions. Fees: \$56(R) \$67(NR).



Classes (classes listed by category alphabetically)

Exercise Classes (continued...)

Tai Chi

Wednesday, January 6 – February 24, 9:00 a.m.- 9:50 a.m.

Location: Town Meeting Hall

Instructors: Josie Fong & Cynthia Lau

Learn a popular cultural exercise with body movement, balance control, muscle coordination and stretches. No class 2/10. Fees: \$14(R) \$17(NR).

T'ai Chi Chih & QiGong

Tuesday, January 5 – February 23, 10:30 a.m.- 11:30 a.m.

Location: Danville Senior Center, Community Hall A&B

Instructor: Mary Case

Tai Chi is a moving meditation that cultivates health, serenity and longevity. The non-impact movements are easy and adaptable to anyone's range of motion, including those who need to do the movements while seated. With 20 easy-to-learn movements, anyone can participate. Fees: \$16(R) \$19(NR).

Yoga

Monday, January 4 – February 29, 11:00 a.m.- 12:15 p.m.

Location: Danville Community Center, Valley Oak Room, No class 1/18 and 2/15.

Fees: \$70(R) \$84(NR).

Monday, January 4 – February 29, 12:30 p.m.- 1:45 p.m.

Location: Town Meeting Hall, No class 1/18 and 2/15. 2/29 class will be held at Danville Community Center, Valley Oak Room

Fees: \$70(R) \$84(NR).

Wednesday, January 6 – February 24, 8:15 a.m.- 9:30 a.m.
Fees: \$80(R) \$96(NR).

Location: Danville Senior Center, Community Hall
Instructor: Marcia Conroy

Basic foundations of yoga are taught in a gentle modified style. Focus includes stretching, weight-bearing poses, sequences of poses designed to improve heart rate, enhance mobile stability, and stress relief. Yoga mat required. Wear comfortable clothing.

Zumba

Monday, January 4 – February 29, 4:15 p.m.- 5:15 p.m.

Wednesday, January 6 – February 24, 4:15 p.m.- 5:15 p.m.

Location: Danville Senior Center, Community Hall
Instructor: Parandis Banifatemi

Zumba is for EVERYONE! This is an exciting and fun aerobic exercise using Latin rhythms with easy-to-follow moves. Ditch the workout! Come join the party! No class 1/18 and 2/15. Fees: Mon-\$49(R) \$59(NR); Wed-\$56(R) \$67(NR).

GAMES/ MIND ENRICHMENT CLASSES



ACBL Bridge

Friday, January 8 – February 26, 9:30 a.m.- 1:30 p.m.

Location: Danville Senior Center, Room A

Instructor: David Sterling

Friday morning play is limited to players with less than 1500 Master Points. Join a friendly and fun game. Pre-registration advised. Call David at (925) 683-1083 for available partners (not guaranteed). Fees: \$6 per day(R) \$7 per day (NR). Online Registration not available.

Bridge Basics One: An Introduction

Wednesday, January 6 – February 24, 6:30 p.m.- 8:30 p.m.

Come learn the Game of Games! We will go over hand evaluation, opening bids and responses along with the basics of declarer play and defense. No experience required. Fees: \$100(R) \$120(NR).

Bridge Basics Two: Competitive Bidding

Wednesday January 6 – February 24, 10:00 a.m.- 12:00 p.m.

Location: Danville Senior Center, Meeting Room

We will cover overcalls, take out doubles, weak 2 & 3 bids, Stayman, Jacoby transfers, strong 2C opening as well as a few other commonly used conventions. Questions? Call Michael, (925) 949-9630. Fees: \$100(R) \$120(N).

Game Day

Friday, January 8 – February 26, 10:30 a.m.- 1:30 p.m.

Location: Danville Senior Center, Community Hall C

Games, games, games galore at the Danville Senior Center. Play your favorite board games, cards, dominoes and poker (chips only). Bring your friends for a morning of fun. Fees: Free

Classes / Health & Wellness Programs / Clubs

Games (continued...)

Seniors Bridge

Fridays, 9:30 a.m.- 12:30 p.m.

Location: Town Meeting Hall

Call coordinators Flo Ahern at (925) 718-5468 or Bill Iles at (925) 216-1203 for reservations, or email williamiles@comcast.net. Experienced players only, please. Fees: \$2 /person, per day.

Sudoku

Friday, January 8 – February 26, 1:00 p.m.- 2:00 p.m.

Location: Senior Center, Meeting Room

Instructor: Michael McGrath

Sudoku offers mental benefits by building logical skills and enhancing mental sharpness. Learn the strategy behind this fun game originating from the 2000-year-old Chinese “Magic Box.” Fees: \$16(R) \$19(NR).

LANGUAGE CLASSES

Spanish – Beginning

Tuesday, January 12 – February 23, 9:30 a.m.- 10:30 a.m.

Location: Danville Senior Center, Community Hall C

Instructor: Marta Castaneda

This class is for students learning basic conversational Spanish, phrases, verb conjugation & vocabulary. Fees: \$70(R) \$84(NR).

Spanish Conversation

Monday, January 11 – February 29, 10:00 a.m.-11:00 a.m.

Location: Danville Senior Center, Meeting Room

Instructor: Marta Castaneda

This class is for students that have some knowledge of Spanish. We will continue learning vocabulary, grammar & conversational Spanish. No class 1/18 and 2/15. Fees: \$60(R) \$72(NR).

Health & Wellness Programs

Blood Pressure Screening

1st and 3rd Mondays, 10:00 a.m.- 11:00 a.m.

Location: Danville Senior Center, Conference Room

Seniors can drop in for a free blood-pressure screening. No appointments necessary. Fees: Free.

Finding Meaning in Our Retirement Years

Wednesday, January 20 – February 10, 10:00 a.m.- 12:00 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Mark Battenberg

Earlier in our lives, our jobs and our families provided us with plenty of meaning and fulfillment. Now that those years are behind us, what gives our lives meaning? Are you really fulfilled in retirement, or just keeping busy? This four-

week course delves into the unique characteristics of these later years and the skills and practices that can help us find meaning inside ourselves. Fees: \$40(R) \$48(NR).

Improve Your Odds for Healthy Living (3-week course)

Thursday – January 14, 21, 28, 1:30 p.m.- 2:30 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Marina Shel Kolt

Week 1 - Three Small Steps to Achieve Quality of Life: Introduction to the concept of healthy living by modifying breathing, eating & exercise habits to achieve quality of life.

Week 2 - Healthy Spine and Joints: How to Prevent Injuries: Keep joints and spine in balance, achieve better circulation, heal inflammations and simple weight training/stretching exercises for better posture. Bring a mat.

Week 3 - Digestive Health-Tasty & easy nutritional foods: Learn/sample salad/dressing recipes, healthy gourmet soup, nutrient-rich bullion & food combinations which can reverse Type 2 diabetes, dementia & high blood pressure while improving your brain function. Fees: \$33(R) \$40(NR).

Improve Your Odds for Healthy Living (3-week course)

February 11, 18, 25, 1:30 p.m.- 2:30 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Marina Shel Kolt

Week 1 - Boost Your Immune System: Learn immune system function and how to improve it; factors that affect it and exercises to boost your immunity.

Week 2 - Power-Up Your Brain: Learn which organs have the most impact and how they affect brain function; how to assess your brain health through exercises, meditation & goal setting for mental health/clarity.

Week 3 - Stress-Free Life: Learn how to evaluate stress levels and energy balance in your body through exercises and breathing techniques.

Fees: \$30(R) \$36(NR).

Clubs/Groups

Kamanawanaplaya Ukulele

Thursday, January 7 – February 25, 4:00 p.m.- 5:30 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Jack Fraser

Have fun singing & playing the ukulele! Players must provide their own ukulele and will be asked to purchase a songbook with 365 songs for approximately \$35. Fees: \$16(R) \$19(NR).

Clubs

Clubs (continued...)

Danville Senior Citizens Club

Mondays, 9:00 a.m.- 2:00 p.m.

Location: Danville Senior Center, Community Hall

Mah-Jongg, and free drop-in bridge lessons by Bill Iles available 9:00 a.m.-11:30 a.m. Bingo 11:30 a.m.-2:00 p.m. New members welcome. Membership fee: \$15/year. Contact Patricia Graber at (925) 443-0268. No meeting on 1/18 and 2/15.

Hiking Club

The Danville Area Senior Hikes (DASH) is open to adults ages 55 and up. Most hikes are not strenuous, but gradients are involved due to the local terrain. Distances are usually 4-5 miles, and the pace is moderate. Hikes are scheduled for the 2nd and 4th Wednesday of the month. Contact Senior Services at (925) 314-3430 or email seniors@danville.ca.gov to be added to the e-mail hike information list. Fees: Free.

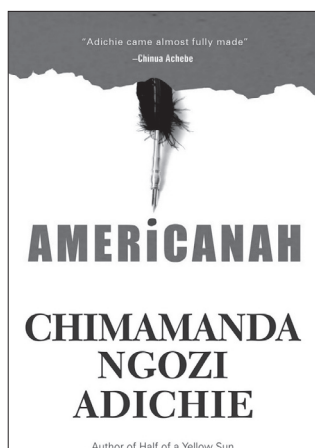
Danville Senior Book Club

Tuesdays January 12 & February 9, 10:30 a.m.- 12:00 p.m.

Location: Danville Senior Center, Meeting Room

Join friends each month as they discuss the pre-selected books listed below. Participants are responsible for obtaining and reading their own book and should read it prior to attending the discussion. Fees: Free.

JANUARY BOOK SELECTION



Americanah

By Chimamanda Ngozi Adichie

As teenagers in a Lagos secondary school, Ifemelu and Obinze fall in love. Nigeria is under military dictatorship, and people are leaving the country, if they can. Ifemelu departs for the United States to study. Through her experiences in relationships and studies, she struggles with the experience of racism in American culture, and

the many varieties of racial distinctions. Obinze, son of a professor, had hoped to join her in the U.S., but he is refused a visa after 9/11.

He goes to London, entering illegally, and enters an undocumented life. Years later, Obinze has returned to

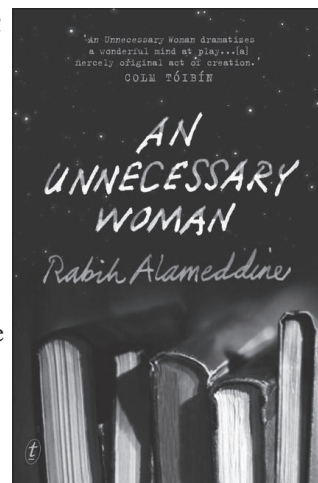
Nigeria and become a wealthy man as a property developer in the newly democratic country. Ifemelu gained success staying in the United States, where she became known for her blog about race in America. When Ifemelu returns to Nigeria, the two have to make tough decisions after reviving their relationship (Meets January 12).

FEBRUARY BOOK SELECTION

An Unnecessary Woman

By Rabih Alameddine

Aaliya Saleh lives alone in her Beirut apartment, surrounded by stockpiles of books. Godless, fatherless, childless, and divorced, Aaliya is her family's "unnecessary appendage." Every year, she translates a new favorite book into Arabic, then stows it away. The thirty-seven books that Aaliya has translated over her lifetime have never been read—by anyone. After overhearing her neighbors, "the three witches," discussing her too-white hair, Aaliya accidentally dyes her hair "too blue."



In this breathtaking portrait of a reclusive woman's late-life crisis, readers follow Aaliya's digressive mind as it ricochets across visions of past and present Beirut. Colorful musings on literature, philosophy, and art are invaded by memories of the Lebanese Civil War and Aaliya's own volatile past. As she tries to overcome her aging body and spontaneous emotional upwellings, Aaliya is faced with an unthinkable disaster that threatens to shatter the little life she has left (Meets February 9).

Writing Group

Friday, January 8 – February 26, 10:00 a.m.- 12:00 p.m.

Location: Danville Senior Center, Meeting Room

Instructor: Gordon Lindsay

The purpose of this group is to give participants a weekly schedule for writing and provide support by writing in the same room together. The group is based on the Shut Up and Write Groups throughout the Bay Area.

We'll have approximately 10 minutes to chat about writing at the end of each session. We won't share aloud and there will be no writing exercises. Fees: Free.

Local Community Resources/ Information

AARP Smart Driver Course-2 day course

Thursday, January 14, 9:00 a.m.- 1:00 p.m.

Thursday, January 21, 9:00 a.m.- 1:00 p.m.

Location: Oak Hill Park Community Center,
Meeting Room

Instructor: Certified AARP Volunteer Instructor

This course is designed for drivers 50 and older, and covers normal physical changes and techniques to compensate for these changes. The course includes an auto insurance discount certificate. Checks should be made payable to AARP at beginning of class. Fees: \$15 AARP members, \$20 non-members. Instructor cannot accept cash. 2-day course.

HICAP Medicare Counseling for Medicare Beneficiaries and their Families

Wednesdays January 13 & February 10

8:45 a.m.-11:00 a.m. & 1:00 p.m.- 4:00 p.m.

Tuesdays January 26 & February 23, 1:45 p.m.-4:00 p.m.

Location: Danville Senior Center, Conference Room

HICAP provides free and objective counseling and advocacy services for Medicare enrollment and with issues involving Medicare and associated insurance programs. For an appointment, call (925) 602-4168. Fees: Free.

Notary Public Services

For appointment, call Mary Maki at 925-683-2835

Fee: Free

Personal Counseling Services

Location: Danville Senior Center, Conference Room

Discovery Counseling Center therapist, Dr. Fran Rapoport, is available for individual and group counseling services. Confidentiality and privacy will be protected. A grant from the Chevron Corporation enables seniors to have initial sessions at no cost. For an appointment, call Dr. Fran (925) 837-0505, ext. 314.

Welcome to Medicare Seminar

Saturday, January 9 & February 13, 10:00 a.m.-12:30 p.m.

Location: Danville Community Center, Valley Oak Room

Instructor: Contra Costa County Staff/HICAP Counselors

A workshop for those new to Medicare. You will learn about Parts A, B, C & D and the benefits they offer. Learn ways to supplement Medicare using a Medigap or Medicare

Advantage Plan and how to select a Part D Prescription Drug Plan. Extensive materials provided. Registration required. Please sign up for only one session. Fees: Free.

Volunteer with AARP TAX-AIDE for 2016 Tax Season

Contra Costa County AARP Tax-Aide is looking for volunteers to be Tax Counselors or Client Facilitators. IRS training and certification is provided by Tax-Aide. If interested, apply online, www.aarp.org/taxvolunteer or call LaVerne Gordon at (925) 726-3199 for additional information and to apply.

FREE TAX PREPARATION

Free tax preparation for the 2016 tax season will again be offered by Tax-Aide's AARP sponsored program providing IRS certified tax counselors for Danville residents. Tax-Aide does not specify an income limit but the service targets low and moderate income taxpayers of any age with special attention given to seniors 60 plus.

The tax preparation service will be available at the St. Isidore Ministry Center. The site will be open every Tuesday starting February 2 from 9 am to 2:30 pm. The site also accepts walk-ins. Beginning January 7, 2016, call 925-480-7202 for more information or to make an appointment.

Special Events

Senior Social

Tuesday, January 19, 1:30 p.m. – 3:00 p.m.

Location: Danville Senior Center

Join us at the Danville Senior Center for a relaxing afternoon. Come, unwind and catch up with friends after the holidays. Enjoy some afternoon treats while you mingle with friends. Fees: Free

Super Bowl Pre-Party

Thursday, February 4, 12:00 p.m. – 2:00 p.m.

The Senior Center will be hosting a fun afternoon celebrating the upcoming 50th Super Bowl! We will have a tailgate style BBQ for everyone to enjoy. Participate in fun tailgate games as you watch exciting highlights from the last 50 years of Super Bowls. Fees: \$5 (R) \$6 (NR).



Town of Danville
Senior Services
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Danville, CA 94526

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Danville Senior Services (925) 314-3430

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REGISTRATION: DEC. 16 – RESIDENTS; DEC. 18 – NON-RESIDENTS

View or download the Silver Streak online at www.danville.ca.gov/seniors.

SILVER STREAK DISTRIBUTION:

The Town of Danville will continue mailing the bi-monthly Silver Streak newsletter to Danville residents within the Town boundaries. Non-residents are encouraged to view or download the Silver Streak online at www.danville.ca.gov/seniors or view a copy at any Town Office location.

LEGAL HOLIDAYS OBSERVED

Monday, January 18 (MLK) and Monday, February 15 (President's Day) - No classes offered on these days

Silver Screen

Movies

Location: Village Theatre

Fees: FREE

Movies are shown on Fridays at 1:30 p.m.

Please contact Senior Services at (925) 314-3430 to get a list of scheduled movies.

Pre-registration not required.

Movie Dates:

Friday, January 8, Friday, January 29,

Friday, February 5, Friday, February 26

Coming to the Village Theatre:

Role Players Ensemble presents:

Good People

January 29 - February 14, 2016

www.villagetheatreshows.com

**Coming to the Village Theatre
Art Gallery**

Journey Around the World

Opening night: Friday, January 8, 5:00 pm - 7:00 pm

A visual exhibit captured by four nationally acclaimed photographers. Exhibit runs through February 27.

www.villagetheatreartgallery.com